

**Statistics Report 09053, Blueberries, wild, frozen**

**Report Date: June 29, 2017 23:21 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water <a href="#">1</a>	g	85.80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Energy	kcal	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Energy	kJ	238	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Protein <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Total lipid (fat) <a href="#">1</a>	g	0.16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Ash <a href="#">1</a>	g	0.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Carbohydrate, by difference	g	13.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Fiber, total dietary <a href="#">1</a>	g	4.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Sucrose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <a href="#">1</a>	g	3.33	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Fructose <a href="#">1</a>	g	3.71	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Lactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Maltose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Minerals													
Calcium, Ca <a href="#">1</a>	mg	17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Iron, Fe <a href="#">1</a>	mg	0.58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Magnesium, Mg <a href="#">1</a>	mg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Phosphorus, P <a href="#">1</a>	mg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Potassium, K <a href="#">1</a>	mg	68	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Sodium, Na <a href="#">1</a>	mg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn <a href="#">1</a>	mg	0.67	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Manganese, Mn <a href="#">1</a>	mg	2.870	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamins													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	1.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Thiamin <a href="#">1</a>	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Riboflavin <a href="#">1</a>	mg	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Niacin <a href="#">1</a>	mg	0.610	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin B-6 <a href="#">1</a>	mg	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2013
Vitamin A, RAE <a href="#">1</a>	µg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Carotene, beta <a href="#">1</a>	µg	35	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha <a href="#">1</a>	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin A, IU <a href="#">1</a>	IU	59	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.26	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2013
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Lipids													
Fatty acids, total saturated <a href="#">1</a>	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Fatty acids, total monounsaturated <a href="#">1</a>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Fatty acids, total polyunsaturated <a href="#">1</a>	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Fatty acids, total trans <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2013

Sources of Data  
<sup>1</sup>Maine Wild Blueberry Company, Inc Nutritive value of frozen wild blueberries, 2005 Cherryfield ME